

GLUTE HYPERTROPHY PROGRAM

JEFF NIPPARD



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ABOUT ME

Jeff is a WNBFF Pro Drug-Free Bodybuilder and IPF/CPU Powerlifter in the 74 kg class. He earned the title of Mr. Junior Canada for natural bodybuilding in 2012 prior to which Jeff was a two-time Mr. Junior Newfoundland titleholder for 2009 and 2010.

As a powerlifter, Jeff has claimed a 502 lb squat, 336 lb bench press (2014 Canadian national record) and a 518 lb deadlift with an all time best Wilks score of 446.

With a Bachelor of Science degree in biochemistry, Jeff has gathered the requisite scientific knowledge to compliment his practical experience acquired through training and coaching and has aspirations of completing a PhD in exercise science or a related field.

Jeff worked as a coach with esteemed online coaching group The Strength Guys through 2014 and 2015 before branching out with STRCNG. Jeff has coached women's bikini and men's bodybuilding national and provincial champions, professional natural bodybuilders and nationally and IPF Worlds qualified raw powerlifters. He has presented seminars on block periodization, concurrent training and nutrition for natural bodybuilding in academic settings including the 2014 Online Fitness Summit and at the University of Iowa. Jeff has recorded interviews with some of the best in the business on his science-based fitness podcast IceCream4PRs.

Through his informative and personable Youtube channel and Instagram Jeff aims to share the knowledge he has gathered through university education and field experience with others who are passionate about bodybuilding, powerlifting and the science behind building muscle, losing fat and getting healthier.

Jeff currently lives in Kelowna, Canada where he is coaching athletes around the world full-time while preparing for his next competition season in natural bodybuilding in 2018.



KEY TERMS

DB: DUMBBELL

LSRPE: LAST SET RPE

AMRAP: AS MANY REPS AS POSSIBLE

PROGRESSIVE OVERLOAD: THE GRADUAL INCREASE OF STRESS PLACED UPON THE BODY DURING EXERCISE TRAINING

ROM: RANGE OF MOTION

RPE: RATE OF PERCEIVED EXERTION

TEMPO: THE SPEED AT WHICH THE LIFT OCCURS.



FAQS

1. What if I am still sore? Should I train or take another rest day?

A: Training sore is fine unless it puts you at an increased risk of injury. If you're having a difficult time getting into position or completing a full ROM due to pain, do not train. Otherwise, still train but be sure to perform a slightly longer warm up for each exercise and use slightly lighter weights. Use your own discretion to avoid injury but training sore will not impair gains in and of itself.

2. What if I don't have resistance bands?

A: They're important! You should buy a pair – they are readily available at exercise equipment stores and on Amazon. This is a good place to start, and you can add more to your repertoire from here of varying resistances.
<https://www.elitefts.com/sling-shot-hip-circle.html>

3. What if I can't do squats?

A: Do hack squats or machine V-squats instead with the same set/rep scheme. If those are also an issue you can do a split squat, or as a final alternative, the leg press.

4. If the RPE increases across sets, should I drop the weight back?

A: If you hit failure prematurely, drop the weight back. Otherwise, select the weight as appropriate to hit the RPE for each set.

5. Why such little exercise variation from week to week?

A: Changing exercises from week to week is more likely to flatten out the progression curve. They do change slightly week to week and quite a lot from Block 1 to Block 2, but the bulk of the program maintains the same exercise selection. This is to ensure progression by adding volume incrementally to these specific movements.

6. What is the LSRPE column for?

A: The idea here is to reflect on your last set and ask yourself how many more reps you think you could have gotten. It is a useful way to account for how hard you're working on the final set and how well it matches the target RPE.



FAQS

7. I find hip thrusts awkward. Is there any alternative exercise?

A: Yes, but give it your best effort first. The barbell hip thrust has been shown again¹ and again² to be highly effective as a glute builder for a reason. If you find the bar uncomfortable, you can purchase a hip pad (<http://bit.ly/BarbellPadRed>). Alternatively, you can do banded hip thrusts, or as a final alternative, the leg extension machine (<https://www.youtube.com/watch?v=m81wYloZJvM>).

8. How do I determine my 1RM for squats?

A: You have two options to figure this out:

1. Do an AMRAP test as follows:

- Warm up by pyramiding up in weight using estimated 1RM
- Bar x 15, 50% x 8, 60% x 4, 70% x 3, 80% x 2
- Do a set of as many reps as possible with 90% of your estimated 1RM using a spotter for safety
- Alternatively, you can pick a weight you think you can do about 3-5 reps with, and do as many reps as possible using a spotter for safety
- Plug the results of the AMRAP test in here to determine new working 1RM:

<http://www.exrx.net/Calculators/OneRepMax.html>

2. Plug the results of a recent "tough set" taken close to failure in the 6 or lower rep range into this calculator: <http://www.exrx.net/Calculators/OneRepMax.html>

Note: If you do the AMRAP test before beginning the program, do it on its own day and then rest at least 2 days before beginning Week 1, Day 1.

9. What does A1, A2 mean?

A: This indicates a superset should be performed. Do not rest after completing the first set of the A1 exercise and move right into the first set of the A2 exercise. Then rest for the time period indicated in the A2 row.

GLUTE HYPERTROPHY PROGRAM

WEEK
1

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	5	75-80%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15" FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		8	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		8	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		8	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE PEC DECK	4	15-20		8	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	10-12		8	1.5					USE A WIDER STANCE, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		8	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		8	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		8	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		8	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		8	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		8	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	20		7	1.5					20 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE GLUTE KICK BACK	3	15-20	-	8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	8	1.0					SLIGHTLY ROUND LOWER BACK, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
2

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	6	75-80%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		8	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	STANDING DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		8	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		8	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		8	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		8	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	8-10		8	1.5					HEAVIER WEIGHT THIS WEEK WITH NO DROPSET	
	A1. CABLE PULLTHROUGH	3	10-12		8	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		8	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		8	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		8	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		8	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	20		7	1.5					20 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	3	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	8	1.0					SLIGHTLY ROUND LOWER BACK, 15° FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
3

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	6	78-83%	8	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15" FOOT FLARE	
	ROMANIAN DEADLIFT	3	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	3	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		9	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	3	10-12		8	1.5					USE A WIDER STANCE, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	STANDING CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

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TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	20		7	1.5					20 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	GLUTE KICKBACK	3	15-20	-	9	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15" FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
4

BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	4	6	78-83%	8.5	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	STANDING DUMBBELL PRESS	4	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90°	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		9	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		9	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	8-10		8	1.5					HEAVIER WEIGHT THIS WEEK WITH NO DROPSET	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	4	15-20	-	9	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15° FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

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BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	3	7	75-80%	8.5	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	SEATED DUMBBELL PRESS	4	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90 °	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY CABLE LATERAL RAISE	3	12-15		9	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	10-12		8	1.5					USE A WIDER STANCE, 15' FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	STANDING CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30°, USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL CHEST PRESS	3	10-12		9	1.5					45° INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15+15+15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED LATERAL RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM LATERAL RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABDUCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	GLUTE KICKBACK	4	15-20	-	9	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15' FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

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BLOCK 1 - ACCUMULATION

DAY 1	LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BACK SQUAT	4	7	75-80%	9	3.0					DRIVE THROUGH HEELS, KEEP KNEES OUT IN DIRECTION OF TOES, WIDER STANCE, 15' FOOT FLARE	
	ROMANIAN DEADLIFT	4	6-8		8	1.5					SET HIPS BACK UNTIL STRETCH IS FELT IN HAMSTRINGS, THRUST HIPS FORWARD AND SQUEEZE GLUTES HARD AT THE TOP	
	A1. SEATED LEG CURL	3	12-15		8	0.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
	A2. SWISS BALL LEG CURL	3	12-15		9	1.5					KEEP GLUTES ELEVATED, THIGHS IN A "STRAIGHT LINE" WITH UPPER BODY, CURL BALL IN TOWARD YOUR GLUTES	
	MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.5					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
	CRUNCH VARIATION (ABS)	2	12-15		9	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2	UPPER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	STANDING DUMBBELL PRESS	4	10-12		8	2.0					KEEP SHOULDER BLADES RETRACTED, STOP RANGE OF MOTION ONCE ELBOWS REACH 90	
	CLOSE GRIP LAT PULLDOWN	3	10-12		9	2.0					PULL THROUGH ELBOWS, THINK OF ARMS AS "CONNECTORS", TOUCH BAR TO CHEST	
	CLOSE GRIP SEATED CABLE ROW	3	12-15		9	1.5					DRIVE ELBOWS DOWN FOR LAT FOCUS OVER TRAP FOCUS, PULL TO STOMACH	
	LEAN AWAY DUMBBELL LATERAL RAISE	3	12-15		9	1.0					DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	
	REVERSE CABLE FLYE	4	15-20		9	1.0					SET UP BETWEEN TWO CABLES OVERHEAD AND FLYE BACK USING REAR DELTS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	BARBELL HIP THRUST	4	8-10		8	1.5					HEAVIER WEIGHT, PLUS A DROPSET	
	BARBELL HIP THRUST (DROPSET)	1	15-20		9	1.5					REDUCE LOAD BY ~40-50%, PERFORM ANOTHER 15-20 REPS WITH CONSISTENT FORM	
	A1. CABLE PULLTHROUGH	3	10-12		9	0.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	A2. SINGLE LEG HIP THRUST	3	12-15		9	2.0					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
	CABLE GLUTE KICK BACK	3	12-15		9	1.5					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
	SEATED CALF RAISE	3	15-20		9	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
	LEG RAISE VARIATION (ABS)	3	10-12		9	1.5					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4	UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WIDE GRIP LAT PULLDOWN	3	8-10		9	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LAST SET TO FAILURE	
	1-ARM DUMBBELL ROW	3	10-12		9	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	
	INCLINE DUMBBELL FLYE	3	12-15		9	1.5					45 INCLINE, MIND MUSCLE CONNECTION WITH UPPER PECS	
	DUMBBELL RAISE COMPLEX	2	15+15+15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
	BANDED FRONT RAISE	2	30		10	1.5					STAND IN THE MIDDLE OF A BAND AND PERFORM FRONT RAISES, FASTER TEMPO, CONSTANT TENSION ON DELTS	
	BANDED SQUAT BOUNCER	3	20-25		9	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
	BANDED ABUDCTION (SEATED)	2	20-25		9	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5	LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
	WALKING LUNGE	3	30		8	1.5					30 TOTAL STRIDES, USE DUMBBELLS OR A BARBELL (LESS TRAP INVOLVEMENT WITH BARBELL)	
	CABLE PULLTHROUGH	4	15-20	-	9	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
	LOWER BACK EXTENSION	3	15-20	-	9	1.0					SLIGHTLY ROUND LOWER BACK, 15 FOOT FLARE, SQUEEZE GLUTES AT THE TOP OF EACH REP	
	BANDED SIDE WALK	2	40		8	1.0					20 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT ~6 INCH STEPS	
	FROG PUMP	2	30-50		8	1.0					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

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BLOCK 2 - METABOLIC FOCUS

DAY 1

LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	2	5	65-70%	6	3.0					LIGHT WEIGHT, PRACTICE GOOD FORM AND CONTROL	
LYING LEG CURL	3	20		8	1.5					CONSISTENT SPEED AND RANGE OF MOTION ACROSS ALL REPS - CONTROL!	
SWISS BALL TRIPLE THREAT	3	15-15-15		8	1.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
ELEVATED GLUTE BRIDGE	3	30		8	1.0					PERFORM BODYWEIGHT, FEET UP ON BENCH, SQUEEZE GLUTES HARD AT THE TOP OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SUMO WALK	3	20		8	1.0					BEND AT HIPS, WIDE STANCE, SHORT STEPS MOVING FORWARD, 1 STEP = 1 REP	
BANDED SIDE WALK	3	30	-	8	1.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.0					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENSION - NO REST BETWEEN REPS!	
DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT"; DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
SINGLE LEG HIP THRUST	3	12-15		9	1.5					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
A1. BANDED SIDE WALK	2	30		8	0.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
A2. FROG PUMPS	2	20		9	1.5					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	
STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.0					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4

UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
LOWER BACK EXTENSION (PUMPER)	3	15-20		8	1.0					USE ONLY THE MIDDLE 1/2 OF THE RANGE OF MOTION AND KEEP CONSTANT TENSION ON GLUTES	
BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
BANDED ABUDCTION (SEATED)	2	20-25		8	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
WIDE GRIP LAT PULLDOWN	3	12-15		7	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LIGHTER WEIGHT	
1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROMANIAN DEADLIFT	3	20		8	1.5					USE LIGHTER WEIGHT, MIND MUSCLE CONNECTION WITH HAMSTRINGS	
CABLE PULLTHROUGH	4	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
STANDING CABLE HIP ABDUCTION	3	15-20	-	8	1.0					HOLD ONTO UPRIGHT FOR SUPPORT, PALPATE GLUTE MEDIUS TO ENSURE ACTIVATION	
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

GLUTE HYPERTROPHY PROGRAM

WEEK
8

BLOCK 2 - METABOLIC FOCUS

DAY 1

LOWER BODY (STRENGTH)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BACK SQUAT	2	5	65-70%	6	3.0					LIGHT WEIGHT, PRACTICE GOOD FORM AND CONTROL	
LYING LEG CURL	3	20		8	1.5					CONSISTENT SPEED AND RANGE OF MOTION ACROSS ALL REPS - CONTROL!	
SWISS BALL TRIPLE THREAT	3	15-15-15		8	1.0					FULL ROM, SHOULD FEEL STRETCH IN HAMSTRINGS ON ECCENTRIC	
ELEVATED GLUTE BRIDGE	3	30		8	1.0					PERFORM BODYWEIGHT, FEET UP ON BENCH, SQUEEZE GLUTES HARD AT THE TOP OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.5					CAN PERFORM HANGING, USING ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	
CRUNCH VARIATION (ABS)	2	12-15		8	1.5					CAN PERFORM USING A CABLE, WEIGHTED OR MACHINE - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 2

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SUMO WALK	3	20		8	1.0					BEND AT HIPS, WIDE STANCE, SHORT STEPS MOVING FORWARD, 1 STEP = 1 REP	
BANDED SIDE WALK	3	30	-	8	1.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
MACHINE HIP ABDUCTION (GLUTES ELEVATED)	3	25-30		9	1.0					KEEP GLUTES 2-6 INCHES ELEVATED OFF THE SEAT, USE A FAST TEMPO AND KEEP CONSTANT TENTION - NO REST BETWEEN REPS!	
DUMBBELL RAISE COMPLEX	2	15-15-15		9	1.5					15 SIDE RAISES, 15 FRONT RAISES, 15 REAR DELT FLYES, NO REST = 1 SET	
REVERSE PEC DECK	4	15-20		9	1.0					EXPERIMENT WITH GRIP AND SEE HOW YOU "FEEL" REAR DELTS ENGAGE THE MOST, PUSH HANDLES "OUT", DON'T PULL "BACK"	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 3

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
SINGLE LEG HIP THRUST	3	12-15		9	1.5					USE PRELOADED BARBELL OR HOLD A PLATE IN LAP, CONSTANT TENSION ON GLUTES	
A1. BANDED SIDE WALK	2	30		8	0.0					15 REPS EACH DIRECTION, MINIBAND AROUND FEET OR FULL BAND AROUND KNEES, SLIGHT BEND AT HIPS, SHORT -6 INCH STEPS	
A2. FROG PUMPS	2	20		9	1.5					HARD GLUTE SQUEEZE AT THE TOP OF EACH REP, FASTER TEMPO, CHALLENGE YOURSELF FOR MORE REPS EACH WEEK!	
STANDING CALF RAISE	3	15-20		8	1.0					FEET POINTED STRAIGHT AHEAD, 1 SECOND PAUSE AT THE BOTTOM OF EACH REP	
LEG RAISE VARIATION (ABS)	3	10-12		8	1.0					CAN PERFORM HANGING, ROMAN CHAIR OR LYING - CHALLENGE YOURSELF!	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 4

UPPER BODY + GLUTE (METABOLIC)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
LOWER BACK EXTENSION (PUMPER)	3	15-20		8	1.0					USE ONLY THE MIDDLE 1/2 OF THE RANGE OF MOTION AND KEEP CONSTANT TENSION ON GLUTES	
BANDED SQUAT BOUNCER	3	20-25		8	1.0					2/3 BOTTOM RANGE OF MOTION, BAND AROUND KNEES, CONSTANT TENSION ON GLUTES	
BANDED ABUDCTION (SEATED)	2	20-25		8	1.0					BAND AROUND KNEES, FOCUS ON DRIVING KNEES OUT, FEEL GLUTE MEDIUS TO ENSURE ACTIVATION	
CABLE GLUTE KICKBACK	3	15-20		8	1.0					SLIGHT LEAN FORWARD, PUSH BACK THEN UP IN A SLIGHT ARC, HOLD ONTO UPRIGHT FOR SUPPORT	
WIDE GRIP LAT PULLDOWN	3	12-15		7	1.5					LEAN BACK 30 , USE SLIGHT MOMENTUM, LIGHTER WEIGHT	
1-ARM DUMBBELL ROW	3	10-12		8	1.5					PULL DUMBBELL "TO BACK POCKET", STRETCH ON LATS AT THE BOTTOM	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:

DAY 5

LOWER BODY (HYPERTROPHY)	SETS	REPS	%1RM	RPE	REST	1	2	3	4	NOTES	LSRPE
ROMANIAN DEADLIFT	3	20		8	1.5					USE LIGHTER WEIGHT, MIND MUSCLE CONNECTION WITH HAMSTRINGS	
CABLE PULLTHROUGH	4	15-20	-	8	1.0					USE ROPE ATTACHMENT, SLIGHT BEND IN KNEES, SET HIPS BACK TO FEEL BIG STRETCH IN GLUTES, EXPLOSIVELY THRUST HIPS FORWARD	
STANDING CABLE HIP ABDUCTION	3	15-20	-	8	1.0					HOLD ONTO UPRIGHT FOR SUPPORT, PALPATE GLUTE MEDIUS TO ENSURE ACTIVATION	
BANDED SIDE LYING CLAMS	3	20		8	1.0					BAND AROUND KNEES, FEET TOGETHER, FOCUS ON ACTIVATING GLUTE MEDIUS	
LEAN AWAY CABLE LATERAL RAISE	3	12-15		8	1.0					PUT CABLE BETWEEN LEGS AND LEAN AWAY, DRIVE "OUT" WITH THE BACK OF YOUR HAND, NOT "UP" WITH YOUR TRAPS	

*NOTE: REST TIMES ARE GIVEN IN MINUTES.

TOTAL TRAINING TIME:



WARM UP

Before every training session perform:

- 5-10 minutes of moderate intensity cardio on your choice of cardio equipment
- the following dynamic stretching routine:
- 15 leg swings (front to back), 15 leg swings (side to side), 10 lying side swinging glute stretches, 15 step-throughs or bodyweight walking lunges

Before the first exercise for each bodypart perform a basic Loading Pyramid:

- Pyramid up in weight with 1-3 light sets, getting progressively heavier
- Such a warm up is only required for the first “heavy” exercise for each bodypart.
- For example, if you were working up to a 3 sets of 200 lbs for 5 reps on the squat, you could warm up as follows:
 - Bar (45 lbs) x 15 reps
 - 95 lbs x 5 reps
 - 135 lbs x 4 reps
 - 185 lbs x 3 reps
 - Then begin working sets with 200 lbs for 5 reps
 - Note: Workouts with a metabolic focus do not require an extensive Loading Pyramid



PROGRAM VARIABLES

INTENSITY

How hard should you train? How heavy should you go?

The answers to these questions are determined by the RPE given for each exercise. Keep in mind that RPE's are meant to be for working sets only. An RPE of 10 indicates the set should be taken to failure. An RPE of 9 means you should stop one rep shy of failure. An RPE of 8 means you should stop two reps shy of failure and so on. RPE's provided are intended to be applied to all working sets except for when the training day is annotated with a note indicating that the final set of each exercises is to be taken to failure.

Squats

A percentage-based, semi-auto regulated progression scheme is used for the squat on Day 1. This means that for the squat, you'll be deciding what weight you use for that week based off a percentage of your 1RM. This can be estimated before starting the program using an AMRAP (as many reps as possible) test and/or a 1RM calculator (see FAQ's). 1RM prescriptions are set up using a range. On days you feel strong, use the mid-to-high end of the range. On days you feel weaker, use the low-to-mid end of the range. Weekly progressions are made in an undulating fashion (sets/reps/weight goes up and down in waves) resulting in an accumulation of total volume.

VOLUME

How much volume you need to progress will depend on your level of advancement and how "stubborn" your glutes are. The more advanced you are and the more stubborn your glutes are, the more volume you need. Dr. Bret Contreras suggests that roughly 15-30 working sets per week is ideal for optimal progress³. This routine flirts with the upper end of that range because, as I see it, even if less would get you good results, I want you to get the best results you can get from this routine. This program assumes that you have more stubborn glutes. With that said, if you're a relatively new lifter (under 1 year of training experience), or if you expect your glutes to respond very quickly and easily, you may want to start with 1-2 less sets per movement for the first 2-3 weeks. From there, you can assess your tolerance to that weekly volume and then begin adding sets once you're confident you're recovering adequately.

FREQUENCY

The most recent and comprehensive meta analysis on training frequency concluded that training 2x/week is better than 1x/week for maximizing growth while frequencies of 3 or more may or may not be better⁴. However,



PROGRAM VARIABLES

because different exercises tax the glutes and their ability to recover differently, it is overly simplistic to merely look at the number of times they're trained during the week. Exercises with a heavy eccentric emphasis and large degree of stretch such as the squat, deadlift and lunge require more time to recover from than exercises with less eccentric emphasis and smaller ranges of motion such as the hip thrust, glute kickback, and pull through. So called "pumper" or "metabolic" exercises like banded walks, abductions, and bridges require even less time for full recovery and can be performed very frequently⁵. With the appropriate weekly organization of exercises, it is generally agreed that the glutes can be effectively trained at frequencies of 3-6x per week⁵. Given the general consensus that volume is a primary driver of hypertrophy⁶, a higher weekly training frequency will also allow for greater total weekly glute volume, yielding better results in a shorter time frame.

PERIODIZATION

WEEKLY PROGRESSION

A linear progression scheme is used for all exercises since progressive overload is arguably the most important factor for growth. The goal is to add reps while keeping the weight the same until the top end of the range is reached for all sets. From there, you will add weight and go back to the low end of the rep range. In the real world, it might not work out that neatly. As long as you're adding some weight or some reps over time on average (meaning it doesn't have to increase EVERY week) you're doing it right.

BLOCK PERIODIZATION

The program is split into 2 blocks: Weeks 1-6 make up the Accumulation Block and Weeks 7-8 make up the Metabolic Block.

Block 1 is focused on loading and volume accumulation. The first 2-3 weeks are focused on getting adapted to the relatively high volume and frequency of the program. In order to ensure this happens safely and without undesired overreaching, RPE's are kept generally between 7-9 for the first half of this block, with a few RPE 10 sets included sparingly. In the second half of the block, sets are taken closer to failure and a higher volume is used. The general trend from week 1 to 6 is toward more volume, more load and more intensity (effort).

Block 2 is presents a very novel 2-week training stimulus in sequence with Block 1. This short 2-week block serves three main functions:

1. It allows for recovery of connective tissues. Since the weights are lighter, this block functionally operates



PROGRAM VARIABLES

as a type of “deload”.

2. It allows for psychological novelty. After completing 6 weeks of progressive training with the same basic weekly set up, this short block will allow for a fresh new approach to training sessions – something that has been emphasized in the scientific literature as being very important for continued progress⁷.

3. It presents a physiologically new training stimulus. Not only does your brain reap the benefits of “switching up” your routine, a shift in focus from tension and overload to metabolic stress will serve as a novel stimulus for continued growth as well.

THE MACROCYCLE

This program can be run consecutively as long as progress continues to accrue. Since the 2 week metabolic block can function as a deload, you have the option of beginning back at Week 1 after completing Week 8 for another cycle through. The priority when running the program back-to-back is ensuring that you are using more weight each cycle through. You also have the option of switching up some of the exercises. For example, instead of doing Barbell Back Squats as your main “heavy” movement on Day 1, you can do Hack Squats, Front Squats, or Split Squats for variety.

If progress stalls, you should assess whether or not you are overtrained or overreaching by performing a simple self-survey:

1. Am I truly stalled? i.e. Have I not made any strength improvements (or lost strength) over the last 2 or more weeks?

If no: continue as planned.

If yes:

2. Do I feel more tired, sore and irritable than usual?

If no: you should do more work. Add 1-2 sets to your first glute movements each day, and/or take your final sets closer to failure.

If yes: you should take a deload or full training break. Reduce the workload by 1-2 sets per exercise, and cut the weight roughly in half for a week to deload. Alternatively, take a full 4-7 days off training all together and then resume as planned.

GLUTES

It's important to understand the biomechanical function of the glutes before we can understand how to best train them. So first, we need to quickly cover their basic anatomy.

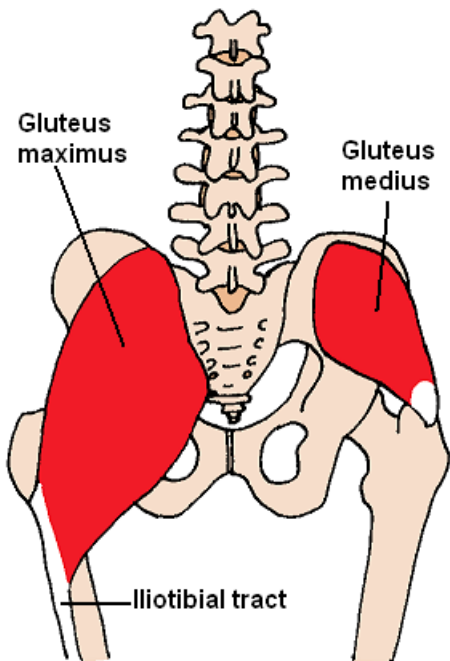


FIGURE 1: GLUTEUS MAXIMUS AND GLUTEUS MEDIUS

(Image: By Beth Ohara - Own work, https://upload.wikimedia.org/wikipedia/commons/7/70/Posterior_Hip_Muscles_3.PNG)

ANATOMY & FUNCTION

The gluteus maximus is the biggest muscle of the rear hip musculature; about twice the size of the gluteus medius, with the gluteus minimus being the smallest of the three.

The gluteus maximus has multiple origins including the pelvis, sacrum, coccyx, and thoracolumbar fascia and multiple insertions including the upper femur and IT band. Because of this, it is able to perform a wide variety of functions, but primarily:



GLUTES

- hip extension
- hip abduction
- hip external rotation
- posterior pelvic tilt

Exercises that train hip extension include squats, deadlifts and hip thrusts. Because the glutes fire the hardest when in or near full hip extension⁸, the hip thrust is most effective as a glute activator. However, because exercises like squats and Romanian deadlifts have a much larger range of motion and a greater degree of eccentric emphasis, they are also included in the program as “main movements”. Because of their contribution to hip abduction and hip external rotation, generally speaking, the glutes fire harder with a wider stance⁹ and a slight foot flare.

The smaller glute medius still occupies a hefty portion of the rear hip musculature and functions primarily as a stabilizer during dynamic movement and as a hip abductor. It originates on the pelvis and inserts on the femur. It is most effectively trained with exercises that require a high degree of stability, especially unilateral movements such as walking lunges, and exercises that train hip abduction, such as machine hip abductions.

FIBER TYPE

The gluteus maximus muscle is a nearly even 50/50 split of type 1 and type 2 muscle fibers¹⁰, implying that it should be trained with a combination of high and low reps with at least one “main” heavy movement to fully activate the fast twitch fibers.

While data is more limited, the gluteus medius muscle seems to be slightly more type 1 dominant¹¹, implying that higher reps may be more effective when focusing on isolating this muscle.



GLUTES

EXERCISES

Below are links to the proper form for all exercises included in the program. Because these videos are performed by athletes and trainers other than myself, I have provided specific coaching cues in the Notes section of the program to further optimize each movement.

BACK SQUAT:

<https://www.youtube.com/watch?v=zoZWgTrZLd8>

<https://www.youtube.com/watch?v=S9JZ02iWbF4>

ROMANIAN DEADLIFT:

<https://www.youtube.com/watch?v=SE-2Y-3a1pY>

SEATED LEG CURL:

<https://www.youtube.com/watch?v=ELOCsoDSmrg>

SWISS BALL LEG CURL:

<https://www.youtube.com/watch?v=Kk8dpH4ZPos>

MACHINE HIP ABDUCTION:

<https://youtu.be/KJ6oPBpWmEI?t=4m44s>

LEG RAISE

Lying: <https://www.youtube.com/watch?v=qYx7nyTfICs>

Hanging (knees bent): https://www.youtube.com/watch?v=hdng3Nm1x_E

Hanging (knees straight): <https://www.youtube.com/watch?v=AEtTmtcBSOM>

Roman Chair: <https://www.youtube.com/watch?v=ghwdoXHeilk>

CRUNCH

Cable: <https://www.youtube.com/watch?v=HD7fH653SUw>

Weighted: https://youtu.be/_xdOuqokcm4?t=3m37s

Machine: https://www.youtube.com/watch?v=_O1xunCfYEM

A man with short brown hair and a beard is performing a seated shoulder press in a gym. He is wearing a black t-shirt with the word "RISE" on it. He is holding a barbell with both hands, pressing it upwards. The background shows gym equipment, including a large weight wheel with the words "LIFE" and "WONDER" on it.

GLUTES

SEATED SHOULDER PRESS:

<https://www.youtube.com/watch?v=qEwKCR5JCog>

CLOSE GRIP LAT PULLDOWN:

<https://youtu.be/EjlETxOawcg?t=1m27s>

CLOSE GRIP SEATED CABLE ROW:

<https://youtu.be/itGS2LIE-ZI?t=11m39s>

LEAN AWAY LATERAL RAISE:

<https://youtu.be/KyTAraGimfE?t=6m4s>

REVERSE PEC DECK:

<https://www.youtube.com/watch?v=R63UajjKfnM>

BARBELL HIP THRUST:

<https://www.youtube.com/watch?v=LM8XHLYJoYs>

CABLE PULLTHROUGH:

https://www.youtube.com/watch?v=4oZ_0_bQcOg

SINGLE LEG HIP THRUST:

https://www.youtube.com/watch?v=ZRH_Wz4eliE

CABLE GLUTE KICKBACK:

<https://www.youtube.com/watch?v=U5V4wGVYcbg>

STANDING CALF RAISE:

<https://www.youtube.com/watch?v=YMmgqO8Jo-k>



GLUTES

WIDE GRIP LAT PULLDOWN:

<https://www.youtube.com/watch?v=Hxt2FkoZRJk>

1-ARM DUMBBELL ROW:

<https://www.youtube.com/watch?v=8iMJWCAIV78>

INCLINE DUMBBELL CHEST PRESS:

<https://www.youtube.com/watch?v=TThwNhMVspk>

DUMBBELL RAISE COMPLEX (DIFFERENT ORDER):

<https://www.youtube.com/watch?v=dm7jBQR3Jzg>

BANDED LATERAL RAISE:

https://www.youtube.com/watch?v=oavg_hR11c0

BANDED BOUNCE SQUAT:

<https://youtu.be/riZvaJApFXY?t=11m55s>

BANDED ABDUCTION (SEATED):

<https://youtu.be/riZvaJApFXY?t=11m44s>

WALKING LUNGE (HOLD DUMBBELLS OR USE BARBELL AS NEEDED):

<https://youtu.be/riZvaJApFXY?t=13m49s>

LOWER BACK EXTENSION:

<https://www.youtube.com/watch?v=jh45myksaEs>

BANDED SIDE WALKS:

<https://youtu.be/riZvaJApFXY?t=14m40s>

FROG PUMP:

<https://www.youtube.com/watch?v=HyCiZVMMDW4>

A man with short brown hair and a beard is performing a reverse cable fly exercise in a gym. He is wearing a black t-shirt with the word "RISE" on it. He is holding a barbell with both hands, and his arms are extended outwards. The background shows gym equipment, including a large weight wheel with the words "EVERETT WONDER" on it.

GLUTES

REVERSE CABLE FLYE:

https://youtu.be/kDhyOrL_1io?t=1m35s

SWISS BALL TRIPLE THREAT:

<https://youtu.be/6T4q4iagIS8?t=5m34s>

FEET ELEVATED GLUTE BRIDGE:

<https://www.youtube.com/watch?v=MDLbqStlxPM>

BANDED SUMO WALKS (FORWARD ONLY):

<https://www.youtube.com/watch?v=6x7WXz5P23c>

BANDED SIDE LYING CLAM:

<https://www.youtube.com/watch?v=fGN7U21c6Js>

STANDING CABLE HIP ABDUCTION:

<https://www.youtube.com/watch?v=5blg8FMtNe8>



COMMENTS FROM JEFF

For customer support email **info@strcng.com**. As much as I love connecting on social media, I am not able to reliably respond to the questions I receive across platforms so please direct any questions to the email above.

Thank you so much for your support and good luck with the training!



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DISCLAIMER

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GLUTE HYPERTROPHY PROGRAM

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